

Stir-Frying

Eat 5 or more fruits and vegetables every day!

*Stir-frying is a quick,
easy and nutritious
way to cook vegetables*



FARMERS' MARKET SEASON

June through October

BUYING TIPS

Choose peppers, broccoli, summer squash, green beans, or other vegetables needed for your stir-fry recipe. Check the buying tips found on the vegetable cards for your selections.

STORAGE

Most vegetables taste best when used soon after picking. Check the storage information found on the vegetable cards for your selections.

PREPARATION

Wash vegetables thoroughly in cold water. Cut vegetables in pieces that are all about the same size. Pat vegetables dry with paper towels before adding to hot oil.

To stir-fry:

Heat about one tablespoon of vegetable oil in a heavy skillet or wok on medium-high heat.

When the oil is hot, add vegetables, stir and cook until vegetables are crisp-tender. Add soy sauce or other flavorings to season.

KEY NUTRIENTS

Vegetables contain fiber and a variety of vitamins, minerals and other substances that promote wellness. Each vegetable has a special mix of nutrients, so include a good variety of vegetables in your diet.

For more specific nutrition information, check the individual vegetable cards.

Recipes

Stir-fried Green Beans with Ground Beef

- 1 teaspoon vegetable oil
- 1 small onion, chopped fine
- 2 teaspoons chopped fresh ginger, **OR**
½ teaspoon ground ginger
- ½ pound extra lean ground beef, **OR**
lean ground chuck
- 1 pound green beans, ends trimmed
- 2 tablespoons light soy sauce
- 1 tablespoon water

Heat oil over moderately high heat in a large skillet or wok. Add onion and ginger; cook 1 minute, stirring frequently. Add beef and cook for 5 minutes; stir frequently to prevent burning. Add beans, soy sauce and water; cook for 3 minutes, or until beans are slightly tender. 4 servings.



Fried Rice with Vegetables

- 1 tablespoon vegetable oil
- ½ small onion, chopped
- 1 clove garlic, finely chopped, *optional*
- ½ cup each: grated carrot
grated cabbage, and
grated zucchini
- 2 tablespoons light soy sauce
- 3 cups cooked brown or white rice
- 2 eggs, beaten

Heat oil in a wok or large skillet. Add onion and garlic and cook until yellow. Add vegetables and soy sauce; stir-fry until tender. Add rice and eggs; cook over medium heat, stirring continuously, until eggs are cooked. 4 to 6 servings